



# RESURRECTION from ILLNESS



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We are aware of the RESURRECTION in Scripture. Part of our foundational philosophy is based on this fact. Unfortunately, many do not know this is an example of how to SPIRITUALLY defeat ailments of the body. It is not necessary to physically die in order to use this principal. All that is required is that you allow your body to cease consuming foods so that your system can purge itself and your DNA shall RESET back to healthy equilibrium.

While applying this technique it is necessary to continue to hydrate your body. Water and sunlight are key supplements during this process. For a period of three (3) days or 72 hours you must refrain from the normal Scriptural diet and consume plenty of sunlight with regular intake of water and fruit and/or vegetable juices for as often as three (3) times daily during this fast. This is very effective for minor illnesses. For more severe ailments it may be necessary to repeat this process for several months until your body normalizes. This process is helpful with all manner of illness ranging from minor poisoning to cancer. During the treatment of serious disease it is advisable to make a qualified Natural Medicine Physician aware of your practice to make sure your approach harmonizes with any treatment recommended by the practitioner.

Helpful juices for this process include komamanga [pomegranate], tart cherry, tropical blends, apple, grape, berry, acai, mangosteen, and others that can be recommended by a dietitian. If commercial juices are used, be sure to select juices that are not from concentrate and have no sugar added or preservatives.

The first day of the first time is the greatest challenge. Once you complete the first day, the rest of your journey will be much easier. This is a practice that can be implemented for general health maintenance. You do not have to be ill in order to benefit from this as a general practice. Any time you have a new health goal, allow this to set the stage for you.

Of course, this practice is most effective for those following a Scriptural diet. Limit the use of processed preparations and spreads for the best results.

To your extended health!